



## WHAT IS STRENGTHENING FAMILIES, STRENGTHENING COMMUNITIES (SFSC)

A 13 week course, delivered in 3 hour sessions, for parents of children aged 0-18 years old. In addition to positive discipline techniques, the programme helps parents build a special relationship with their children based on unconditional love, giving their children the key skills, they will need as they grow to make 'healthy and safe choices'. The programme is delivered in groups of approximately 15 parents by two trained facilitators using a variety of fun and thought-provoking techniques

### WHAT IS COVERED IN SESSIONS?

#### **Session One:**

We consider the needs and responsibilities of children and adults. We explain how children mirror their parents' behaviour through modelling and begin to look at specific discipline techniques.

#### **Session Two:**

We learn how to help our children appreciate their unique talents: we see that a child who feels good about himself is likely to behave better. We also examine how we are all born with certain characteristics: Do parents work with or against these personality traits?

#### **Session Three:**

We look at families and the wider community and how we support each other. We also think about our customs and traditions so that we can teach our children about their 'roots'. We learn about the power of praise as a discipline technique.

#### **Session Four:**

We examine issues relating to all forms of violence and the link to power and control. This is a session intended to raise awareness of the risks faced by children in today's world.

#### **Session Five:**

We invite a community speaker to this session and consider community-based violence prevention.

#### **Session Six:**

We examine how children develop emotionally. We help them understand how their actions make others feel.

#### **Session Seven:**

We think about how to manage anger, look at triggers and relaxation techniques. We consider incentive charts as a way to reward good behaviour.

#### **Session Eight:**

We give children a framework for problem solving, avoiding the frustration and anger that children can feel when there appears to be 'no answer'.

#### **Session Nine:**

The group choose a community speaker to invite to Session Eleven and we consider setting up some family rules.

#### **Session Ten:**

Helping children learn non-violent ways of managing conflict through assertive behaviour and the benefits of family contracts with older children

#### **Session Eleven:**

Community speaker addresses the group and plans are made for future group contact and a graduation celebration

#### **Session Twelve:**

A time to reflect, share and, celebrate!